Medieval Foods to Make and Try

Quick and Easy Snacks to Prepare

Have a Ploughman's Lunch

Farm workers had to bring some kind of food that could be easily carried an eaten out in the fields for their mid-day meals. Often this was a piece of bread, a bit of cheese, and if they were lucky, some meatjerky, ham, etc. Vegetables were often preserved in vinegar or salt, so there might have been a pickle, or olives (if you were in southern Europe).

Campfire Meal

In the book, Will and Jack ate potatoes that had been roasted on coals. Bring in some roasted potatoes or perhaps a rotisserie chicken for the kids to try eating- no plates, no utensils. Do provide napkins, though!

Cucumber Slices with Cinnamon Sprinkles

Cinnamon was a popular spice used in both sweet and savory foods. Simply slice cucumbers and sprinkle on a little cinnamon.

Barley

Taste barley- Cook up a pot of barley and give it a taste. Barley is an easy to grow, easy to store grain and in Medieval England, most ate it every day.

Drinks to Try

- -Warm grape juice with cloves and cinnamon
- -Warmed milk with honey or buttermilk

More Involved Dishes (these require some advance preparation) Pottage Activity (00 potage recipe and activity)

Make potage and try to translate a medieval recipe.

Meat pies- makes 12 small pies

When Will and Henry arrive in Rumney, they are hungry and spend the last of their money on meat pies.

Try one!

Directions

½ lb. sausage

½ c. chopped onion

1 celery stalk, diced

1 carrot, diced

½ cup mashed potatoes salt and pepper 1 can refrigerated biscuit dough 1 egg, beaten

Brown 1/2 pound **sausage** in a skillet with 1/4 cup chopped **onion** and 1 each diced **celery stalk** and **carrot**. Add 1/2 cup **mashed potatoes**, and **salt** and **pepper**. Roll out a can of **refrigerated biscuit dough** and cut into twelve 3-inch rounds. Top each with a spoonful of meat filling and fold in half; pinch to seal and brush with a beaten **egg**. Make slits in the top and bake at 350 degrees F until golden, about 15 minutes.

Source: http://www.foodnetwork.com/recipes/food-network-kitchens/british-meat-pies-recipe/index.html

Sailor's Biscuits

You can make sea biscuits (hard tack) with the following recipe and experience eating what sailors often depended on to keep alive. There is a prime ingredient missing: the weevils!

4 Parts Flour

1 Part Water

Salt to Taste

Make dough. Roll out on a floured surface about 1/2 inch thick. Cut into pieces about $2\ 1/2$ to 3 inches. Place each cracker on a baking sheet, poke holes in the tip with a fork and bake at 250 degrees for one hour or until lightly browned.

These biscuits are hard. Just like we crush crackers in soup they soaked sea biscuits in water, coffee, or stew.

Source: http://staff.gpschools.org/swartzn/colonial recipes.htm

Sweet frumenty

Frumenty is a thick wheat porridge that was traditionally served with venison. It was often made with meat broth or almond milk instead of regular milk, depending on whether it was to be served on a meat or meatless day.

While the traditional method is faster and more historically accurate, it does not lend itself to making large quantities in a modern kitchen, where there is too much heat at the bottom of a large pot, which will cause it to burn easily. For such situations, the alternate method is better suited (though it takes much longer).

1 cup cracked wheat

2 cups water

2/3 cup milk 2 egg yolks 1/2 tsp. salt pinch saffron

Traditional method:

Bring water to a boil and add wheat. Return to a full boil, reduce heat, cover, and simmer for about 15 minutes or until water water is absorbed and wheat is tender. In a separate bowl mix egg yolks and milk. Add to wheat along with remaining ingredients and stir well. Serve hot - sprinkle with sugar and/or cinnamon if desired.

Alternate method:

Put water and wheat in a deep baking dish and cover with aluminum foil. Bake at 350°F for two hours, or until the water is absorbed. In a separate bowl mix egg yolks and milk. Add to wheat along with remaining ingredients and stir well. Serve hot - sprinkle with sugar and/or cinnamon if desired.

Source: http://recipes.medievalcookery.com/frumenty.html